

BHAWABHUTI MAHAVIDYALAYA AMGAON

Best Practices (Session 2018-19)

First Practice

1. **Title of the Practice :** Physical Training for Entry in Defense and Police Services
2. **Objectives:**
 - ✓ Students seeking education in non professional courses such as Arts, Commerce and Science should have placement opportunities.
 - ✓ To serve national cause of internal and external security.
 - ✓ To provide a platform to the rural students.
 - ✓ To induce habits of physical fitness.
 - ✓ To ensure Gender Equity.
 - ✓ To build self confidence and self esteem.
 - ✓ Optimum use of on campus physical facilities.
3. **The Context:** The institution is situated in rural area and offers non professional programs. Majority of students come from poor and deprived background. Getting a degree is primarily believed to be a guaranty of earning. Lack of awareness towards career opportunities is a big challenge. Poor academic background is yet another challenge and obstacle in securing jobs. Our nation is facing internal as well as external threats. Students look at the institution as a primary source that can open up doors to opportunities with a strong belief. Today's situation is far beyond the word competition. Consequently the institution must come up with a formalism that would pave way to student placements. Rural students, including women students, in general have good physical fitness. Hence the institution has been continuing this practice since last 11 years. Selection of students in security forces would definitely serve National cause and ensure Gender Equity as well.
4. **The Practice:**
 - **The Physical Training given includes:** Running (Short and Sprint), Shot put, Long Jump, Pull-ups including walking in place of pull-ups for women students. These are the main components during selection trials.
 - **Supplementary Exercise as warm-up:** Shuttle run, sprints, hurdles run, deeps, stepping, skipping and Surya Namesakes. In addition these cadets also avail the Gym facility.
 - **Available Physical Facilities:** The ground, the skipping ropes, shot put, hurdles, time watches, measurement tapes and other allied material.
 - **Role of Physical Education Director:** The Director trains, Monitors and organizes practice sessions of the cadets. Being in-charge of the Department, he looks after the requirements and provision of appropriate facility. He plans the training sessions in the morning as well as evening hours so that routine of college activity does not suffer. The two sessions provide flexibility to participate as per the convenience of the aspirants. At present Mr. P. M. Lonare looked after the training due to sad demise of Physical Education Director.
 - **Information of Selection Trials:** The department keeps a track of selection trials at regional, state and national levels and informs the cadets of the same.
 - **Participants:** 48Men and 15 Women students participated in the practice.
 - **Constraints/Limitations:** The Department has single faculty that puts a limitation on maximum number of students that could be accommodated. According to the Government Regulation there is a provision to appoint Woman faculty at this Department if number of women students exceeds 200. In practice the state government has not permitted such an appointment as yet. This is also limiting factor with respect to participation of women students in this training.

5. Evidence of Success:

This year 04 Women and 11 Men students got selected in various security services against a benchmark of 21.

S. N.	Name of the Student	Services
1	Ku. Annu Sathawane	State Reserve Police Force
2	Mr. Prem Bokade	State Reserve Police Force
3	Ku. Mamta Ther	State Police
4	Mr. Sagar Bhoyar	State Police
5	Mr. Sagar Bohare	State Police
6	Mr. Rajkumar Doye	State Police
7	Mr. Nilesh Ambule	Army
8	Mr. Sanjay Shende	Army
9	Mr. Vikash Meshram	Army
10	Mr. Nikhil Lakhan Mendhe	Army
11	Mr. Dilesh Funde	Army
12	Ku. Lata Bhagwat Rahangdale	CISF
13	Ku. Jyoti Devendra Bopche	CISF
14	Mr. Nitesh Dhanlal Tembhare	CISF
15	Mr. Manojkumar M. Mendhe	CISF

6. Problems Encountered and Resources Required

- Finance is not at all a problem. Other resources such as Ground and Equipment are sufficient to cater to the need of even 100 cadets. The major problem encountered is availability of skilled personnel in sufficient number. At present there is no Physical Education Director. Secondly, Woman instructor shall prove to be of real help.
- As students belong to socially weaker section, the nutritional diet needed for such physical training is seldom found in the students. As a result, some students fall short of Stamina.
- Strong resolve, which would surely help focused efforts, has been observed to be scarce commodity.

Second Practice

1. Title of the Practice: Mentor Mentee Practice

2. Objectives :

- ✓ To address to the poor academic standing of students.
- ✓ To produce well rounded Human Resources.
- ✓ To inculcate motive behind learning.
- ✓ To address the students' need for guidance and information on career options.
- ✓ It is very much in line to build up informal teacher student relationship.
- ✓ To build self confidence and self esteem.
- ✓ To counsel students regarding their personal as well as other problems.
- ✓ To maintain atmosphere conducive to academic pursuits.
- ✓ To bring in awareness regarding facilities at the college.

- ### 3. The Context:
- The institution is situated in rural area and offers non professional programs. Majority of students come from poor and deprived background. Getting a degree is primarily believed to be a guaranty of earning. Lack of awareness towards career opportunities is a big challenge. Poor academic background is yet another challenge and obstacle in securing jobs. Students are often found without any goal or inconsistent regarding their set goal. Hesitation among students in communication with teachers, administration and various facilities leads to ineffective transaction of curriculum and other activities. Students are often found with lack of communication

skills and confidence. Such a practice readily offers a platform to build up informal relations and boost morale. This practice is also very effective in focusing the students towards setting goals, self study, punctuality and sincerity. It, eventually, helps in maintaining atmosphere conducive to academic pursuit on campus.

4. **The Practice:**

- **Nature of the activity:** It was expected that teachers of all streams would act as mentors of the first year students who are new entrants on the campus. Mentoring was expected to be in terms of academic and personal counseling, discovering the student specific needs and making them aware of ethical values, which would help the students climb ladder of future course. The whole focus of this activity is students.
- **Planning:** During the staff meeting, the activity coordinator relates aims and objectives of the activity while the same is discussed among teachers to invite useful suggestions. Considering the stream and student numbers, mentor wise lists of mentees are prepared. These lists are displayed on notice boards and provided to mentors on the last day of New Student Orientation Programme (NSOP). A format is also provided to the mentors to collect personal information of respective mentees.
- **Execution:** Mentors conduct first informal meeting with mentees immediately after concluding session of NSOP. Mentors decide a day and suitable timing for meeting with mentees. It is expected that the meetings should take place once in a week or two. Topics of formal and informal discussions with mentees have been schedule planning, motivation; focus on goal setting, punctuality, participation in sport and cultural events, personal problems etc. Total number of meetings during the session has been 57 and number of beneficiaries, 382.
- **Other details:** The activity has been introduced in session 2016-17. Some teachers established contact with parents by visiting mentee's places. The activity has been seen as a success in establishing informal relations with the students. It also helped in boosting morals among 10 % of students, to say. The activity is meant to evolve progressively.

5. **Evidence of Success:**

- ✓ The overall effect of following this practice is seen in terms of enhanced connectivity among teachers and students.
- ✓ Many students approached their mentors or other teachers also, with their personal problems.
- ✓ The number of students progressing to higher education and competitive examinations is certainly to increase.
- ✓ Self confidence among students has risen.
- ✓ The overall success rate of the activity during the session has been 10% owing to boosted morals.
- ✓ Number of students using reading hall at central library has increased, though a numerical data has not been derived.
- ✓ Passing percentage and student specific scores at First year examination has improved.
- ✓ General discipline on campus has improved.
- ✓ Student participation in sports and cultural activity is improving.

6. **Problems Encountered and Resources Required**

- Number of mentees attending mentor mentee meetings regularly and consistently has been a problem.
- All teachers conducting such meetings on weekly basis have been a problem.
- During second semester, first semester examinations, sports and cultural activities and second semester examinations eat up maximum days so that continuing meetings in the second semester has been difficult.